

## Sweet and Sour Chicken Balti

- Serves 2
- Prep 5 mins
- Cook 20 mins

### Ingredients

Spice Mixture 3 teaspoons tomato puree  
2 tablespoons Greek yoghurt  
2 tablespoons mango chutney  
1 ½ teaspoons garam masala  
1 teaspoon crushed garlic  
1 teaspoon salt  
½ teaspoon chilli powder  
½ teaspoon sugar

2 Chicken fillets, cubed  
2 tablespoons chopped coriander  
1 chopped green chilli  
½ courgette (cut into strips)  
½ a red pepper (sliced)  
150mls water

### Instructions

1. Cook spice mixture over a gentle heat, using a little oil if desired
2. Add chicken and stir in 150mls water, simmer cook for about 20 minutes
3. Add vegetables 10 minutes after the chicken
4. Meanwhile boil rice (approx. 10 minutes)
5. Add chilli and coriander and heat gently
6. Serve with boiled rice and naan bread